

# Senior Services

## **NORMAN PARK CENTER**

270 F Street 691-5086  
Karen Harvell,  
Recreation Supervisor III

Kathy Wigginton,  
Recreation Supervisor II

For seniors' enjoyment, Norman Park Center offers an exciting array of educational courses, health programs, exercise, dancing and special events. Classes and special interest groups include but are not limited to singing; yoga; music appreciation; creative writing; coin collecting; T'ai chi; tap, line, square, round and ballroom dancing; painting; watercolors and bridge. Many classes have open enrollment and do not require advance registration.

### **Hours of Operation**

The center is open Sunday through Friday. Please call the center for exact hours.

### **Planning an Event or Party?**

The Norman Park Center is available all day on Saturday and on Sunday evening for rentals. Call (619) 691-5086 for information.

### **Newcomer Orientation**

Each month there is a newcomer orientation on the first Thursday at 11 am. Please bring a potluck dish to share and join us for lunch at 12 noon.

### **Commission on Aging**

Sept 10 3 pm  
Oct 8 3 pm  
Nov 12 3 pm

The commission is committed to addressing the concerns and meeting the challenges that face seniors and adults with disabilities in the community. Commission meetings are open to the public. We welcome comments and concerns.

## **Chula Vista Senior Club**

Norman Park Center. Serving the residents of Chula Vista. Neighboring community members may join as donor members. The Club has a \$3 annual membership fee.

### **Oxford Seniors on Fridays**

Boys & Girls Club  
333 Oxford Street  
Serving the residents of the Montgomery area of Chula Vista. \$2 annual membership fee.

### **Trips with the Senior Club**

The Chula Vista Senior Citizen Club operates a trip program at the Senior Center. The office is open Mon/Wed/Fri from 10 am - 1 pm. For more information call 476-5356.

### **Extended Trips**

Colorado Fall Foliage:  
Sept 8 - 15  
Laughlin - Riverside Hotel & Casino:  
Oct 26 - 28  
Thanksgiving - Napa Valley Wine Train:  
Nov 24 - 29

### **Day Trips**

Step Back In Time:  
Sept 2  
Merlin's Magic Dinner Theatre:  
Sept 20  
The Dr. Phil Show:  
Sept 30  
Apple Time in Julian:  
Oct 8  
Little Italy Fiesta:  
Oct 12  
Fish Fry:  
Oct 22  
Showtime Cabaret:  
Nov 2  
The Getty Center:  
Nov 8  
Palm Springs Follies:  
Nov 15

## **Dates to Remember**

All events require advance sign up or ticket purchase.

Sept 3: "Face Off"  
Sept 11: Hobo Soup Lunch  
Sept 25: Birthday Party  
Oct 9: Fall Picnic  
Oct 21: "New Hinges" Arthritis Talk  
Oct 30: Halloween Dance  
Nov 13: Anniversary Party  
Nov 18: Holiday Craft Workshop

### **Grupo Latino**

Join a social group for fun and entertainment. 12:30 pm, 2nd Wednesday & 4th Friday each month.

### **Sing-a-longs**

Join Norman Park's Singing Seniors by the fireplace for singing and entertainment. 2 pm, 3rd Tuesday each month.

### **Volunteer Opportunities**

The Senior Program has numerous opportunities for individuals to work with staff to develop and oversee programs and services. A great opportunity for someone looking to be part of our team! Please call Kathy Wigginton at (619) 691-5086 or (619) 409-5890.

### **Creative Writers Group**

If you enjoy writing stories and want to explore your creative side, this fun class is for you!  
Tuesdays 2 pm

### **Amateur Photo Group**

Learn the basics of composition and photography that will turn a snapshot into a photograph to be proud of.  
1st & 3rd Friday 10 am

### **Scootin' Scooters**

Learn the techniques of maneuvering around town in a scooter or wheelchair; discuss equipment and enjoy socializing with friends.  
3rd Friday 1 pm

## For Citizens 50+

### Transportation for Seniors

Lutheran Social Services, located upstairs at Norman Park, has volunteers who will take seniors to doctor appointments, the grocery store, pharmacy and bank for \$3 each way. This program is free for persons who are low income. Registration is required five (5) days in advance of the ride. For more information, call (619) 476-7055.

### Community Outreach

Teams of two are going door to door to residences and local business to inform about free or low-cost services available to senior citizens and disabled adults. Directories of nonprofit agencies that help keep the elders in the community independent and safe are being distributed. Staff is also available for speaking engagements at your next gathering. Call the Norman Park Senior Center at (619) 691-5086 for more information.

### Are You OK?

One of Project CARE's FREE Programs, provides a telephone reassurance call 5 days a week to be sure you are all right. If you don't answer the phone, a volunteer will check on you. This program could save your life. If you are interested in this or the following FREE services, please call (619) 691-5086.

### Vial of Life

Project CARE's Vial of Life program gives you a record of all your prescription and over-the-counter medications. This magnetized plastic box adheres to your refrigerator door and can be given to paramedics or be taken with you to the doctor's office. We also offer regular appointments to speak with a local pharmacist about your prescription concerns.

**Please join us for "Vial of Life" and "Are you OK?" open registration at Norman Park Senior Center on the following dates:**

**Thursdays Sept. 18 & Nov. 20**

### The Postal Alert

This program requests your postman to keep an eye out for mail that may be accumulating at your home. This alerts us to potential problems and we will send the Senior Volunteer Patrol to check on your situation.

### The Minor Home Repair

Assist you with health & safety repairs in your home or mobile home. This is a program for low-income homeowners to keep them safe and independent.

### CLASSES FOR SENIORS

The following classes are taught at the Senior Center. Some are taught in collaboration with area adult schools or Southwestern College. For registration or more information, call (619) 691-5086.

### Tai Chi Class

Wednesdays

**Beginners 9 am**

**Intermed/Advanced 10 am**

### Casual Crafters

This craft class makes items for Community Assisted Living Facilities.

**Wednesdays 9:30 am**

Instructor: J. Oliver

### Spanish Language

**Wednesdays/Fridays 9:45 am**

### Ballroom Dance Class

Lear Tango, Fox Trot, Waltz & Swing.

Fee: \$2 Resident / \$2.50 Nonresident

**Mondays 1 pm**

### Country Line Dance Class

Fee: \$3 Resident / \$3.75 Nonresident

**Beginners 11 am**

**Intermediate 10 am**

### Strength Training

Fee: \$1 per class

**Wednesdays 6 pm**

Instructor: K. Bodge

### Yoga

Fee: \$1 per class

**Wednesdays 7:15 pm**

Fee: \$25 per semester

**Thursdays 7:15 pm**

### ADULT EDUCATION CLASSES

#### Exercise

**Mon - Thu 8 am**

#### Yoga

Fee: \$25 per semester

**Thursdays 5 pm**

**Fridays 8 am**

#### Watercolors

**Mondays 9 am**

## Fall Senior Services

### AROUND TOWN ADULT CLASSES

#### **Palace Gardens**

1425 2nd Ave. (619) 422-0272  
Exercise Fee: \$4 / month  
M/W/F 9:30 - 10:30 am

#### **Villa Serena**

1231 Medical Center Dr. (619) 934-8001

#### **"Feeling Fit Club" Exercise**

M/W/F 11:30 am - 12:30 pm

#### **Caregiver Support**

Wed 3:30 - 4:30 pm

#### **Craft Class**

Thurs (\$5 fee) 10 am

#### **Bonita Wesleyan Church**

5303 Sweetwater Rd. (619) 479-8208

#### **Exercise**

Tue & Thu 10 - 11 am

#### **Watercolors**

Fri 9 am - 12 pm

#### **Congregational Towers**

288 F Street (619) 420-8700

#### **Exercise**

Tue & Thu 12:30 - 1:30 pm

#### **English as Second Language**

M/W/F 2 - 4 pm

### COMPUTER LEARNING CENTER

#### **Senior Net**

Classes on the Internet, word processing, basic computer skills, and email are offered in the Computer Learning Center. The annual membership fee is \$40. Information is available at the Center Mondays & Wednesdays from 10 - 11:30 am, and Thursdays from 12 - 3 pm. You can also register at that time for classes held in the daytime and evenings. Class fees are \$20 for residents, \$25 for nonresidents. The Learning Center is always looking for volunteers to teach the developed text, provide technical assistance or supervise the labs. Classes are on-going.

#### **55 Alive Drivers Training**

Fee: \$10

Sept 17 & 19 12:30 - 4:30 pm

Oct 15 & 17 12:30 - 4:30 pm

Nov 19 & 21 12:30 - 4:30 pm

Call (619) 641-7020 to register.

#### **Info, Referral & Social Services**

Norman Park provides numerous services for seniors and their families by utilizing community agencies and trained volunteers. The center also has extensive resources and references to assist in addressing the needs of seniors in the community. Some of the services offered at the center include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, transportation services for persons with disabilities who qualify, health insurance counseling, health screening and bereavement support.

#### **Beginning Bridge Class**

This 8-week class is for both the beginner, and for those who would like to brush up on their skills. The Audrey Grant Cub Series Volume 1 textbook is required and can be purchased on the first day of class. Call (619) 222-5294 for more information. Registration required. Instructor: Barbara Sholte  
\$50 Residents / \$62.50 Nonresidents  
Tuesdays, Oct. 7 - Nov 25  
12:30 - 2:30 pm

#### **Play & Learn Bridge**

This 8-week class is for experienced players. Registration required. Instructor: Barbara Sholte  
\$50 Residents / \$62.50 Nonresidents  
Tuesdays, Oct. 7 - Nov 25  
2:30 - 4:30 pm



### **Directions & Connections for people over 50**

#### **LIFE OPTIONS ANNEX**

[lifeoptionssouthbay.com](http://lifeoptionssouthbay.com)

The Life Options South Bay program provides connections for persons over 50. Life Options is a resource for learning opportunities and a resource for channeling skills and talents into significant community service.

The Life Options Annex is located in the game room at Norman Park. It has a computer and lounge area comfortable for people to gather and talk about and explore their interests.

The [lifeoptionssouthbay.com](http://lifeoptionssouthbay.com) website is a reference guide for retirees interested in expanding opportunities in the areas of education, health, second career training, job opportunities, fitness, recreation, travel and volunteerism. This project is a collaboration with Southwestern College, The City of Chula Vista Norman Park Center and the Chula Vista Coordinating Council.

The theme of Life Options is a focused determination to make the latter third of life productive, satisfying and rewarding. Volunteers with experience or interest in community groups, volunteerism, website maintenance, marketing, advertising and counseling are needed. The annex has volunteers available to assist you on Mondays and Tuesdays from 9 am - 3 pm.